

DINNERLY



Easy Fish Kedgeree

with Masala Rice and Mint Yoghurt



30 minutes



2 Servings

Brimming with aromatic masala-seasoned rice, tender morsels of fish and topped with minty yoghurt, our easy riff on this Anglo-Indian classic is a tasty crowd-pleaser.

WHAT WE SEND

- 150g basmati rice
- 10g masala seasoning
- 1 tomato
- mint
- 100g Greek-style yoghurt ⁷
- basa fish pieces ⁴

WHAT YOU NEED

- 2 garlic cloves
- 1 egg ³
- 1 tbs plain flour ¹
- 20g butter ⁷

TOOLS

- small saucepan with lid
- small saucepan
- medium deep frypan

Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Gluten (1), Egg (3), Fish (4), Milk (7). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 550kcal, Fat 15.1g, Carbs 73.0g, Proteins 30.2g



1. Cook curried rice

Put the **rice** in a small saucepan with **2 tsp masala seasoning** and **250ml (1 cup) water** and stir to combine. Cover and bring to a simmer over medium heat. Reduce the heat to low and cook for 12 mins or until tender and the water is absorbed. Turn off the heat and stand, covered, for at least 5 mins.



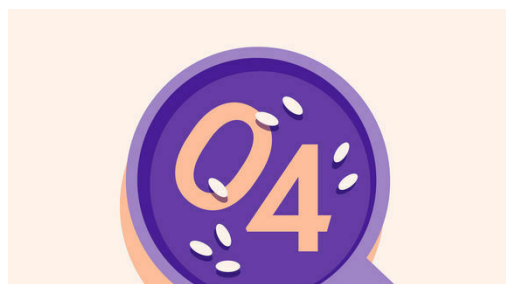
2. Prep ingredients

Meanwhile, bring a small saucepan of water to the boil for the egg. Coarsely chop the **tomato**. Crush or finely chop **2 garlic cloves**. Reserve a few whole leaves, then finely chop the **mint**, discarding the stems. Put the **yoghurt** and **chopped mint** in a bowl, season with **salt and pepper** and stir to combine.



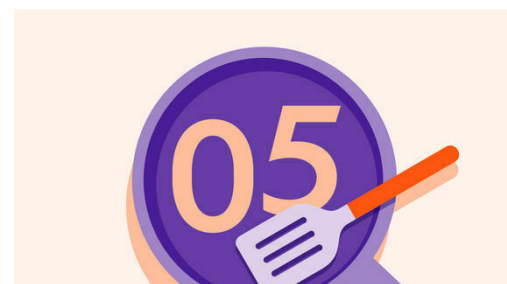
3. Boil egg

Cook **1 egg** in the pan of boiling water for 6 mins for soft-boiled or 8 mins for hard-boiled. Drain, then cool in cold water. Peel and quarter the egg. Meanwhile, combine the **remaining masala seasoning** and **1 tbs plain flour** on a plate and season with **salt and pepper**. Dust the **fish** with the **flour mixture**.



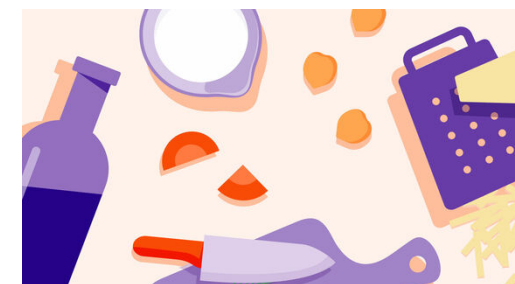
4. Pan-fry fish

Heat **20g butter** in a medium deep frypan over medium-high heat. Cook the **fish** for 2 mins each side or until lightly browned and cooked through (see Kitchen 101). Remove from the pan. Add the **tomato** and **garlic** to the pan and cook, stirring, for 2 mins or until softened. Season with **salt and pepper** and stir in **1 tbs water**.



5. Serve up

Add the **curried rice** to the pan and stir until well coated. Remove the pan from the heat. Taste, then season with **salt and pepper**. Break the **fish** into large pieces and place on the rice. Top with the **egg** and **mint yoghurt**, then scatter over the **reserved mint leaves**. Divide the **kedgeree** among bowls or pop the pan on the table for everyone to help themselves. Enjoy!



6. Kitchen 101

Not sure if your fish is cooked through? Simply use a fork or the tip of a knife to take a peek inside the thickest part of the flesh; if it comes apart easily, the fish is cooked.